

MIND CALMING TECHNIQUE

This is a very simple technique I want to share with you to help you calm your mind.

There are two parts to this process, each being about 10 minutes. Please read through the entire instructions before you begin.

You can use a real candle for this exercise or you can use the video I have provided which is timed for 10 minutes.

Find a place where you will have the least likelihood of being disturbed. Make yourself very comfortable and sit in an upright position, in a chair or on the floor, but with your back and spine straight. Your arms can rest at your side with your hands facing upwards, resting on your lap.

Take one deep breath in and exhale, and relax. Your breathing should be calm and natural.

With the image of the candle flame about 12-16 inches from you, I want you to stare at the flame.

Focus only on the flame, and let all the thoughts from your day slowly slip away. Your focus should only be on the flame.

Once the 10 minutes are done, immediately close your eyes.

In the interior of your eyes you should still see an image of the flame. Concentrate on this image that is now inside your eyelids. Continue to focus on the image until it disappears.

This time period could vary anywhere from 1 minute to 10 minutes. Try and hold your focus on the image as long as you can. Once the flame image disappears you can open your eyes.

The flame technique is a good exercise to help you focus your mind and calm your thoughts. It also helps you move from your outer environment into your inner environment.

Practice it daily to strengthen your ability to focus.

Happy Minding.